

BEREAVEMENT SUPPORT

Mourner's Bill of Rights

- You have the right to experience your own unique grief.
- You have the right to talk about your grief.
- You have the right to feel a multitude of emotions.
- You have the right to be tolerant of your physical and emotional limits.
- You have the right to experience "grief bursts".
- You have the right to make use of rituals.
- You have the right to embrace your spirituality.
- You have the right to search for meaning.
- You have the right to treasure your memories.
- You have the right to move toward your grief and heal.

This program is funded in part through the a partnership with the Alabama Department of Child Abuse and Neglect Prevention and the Children's Trust Fund of Alabama.



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Grief Support Groups

Each person's grief reaction to the death of a loved one is unique and individualized. Shepherd's Cove Hospice provides a safe environment for expression and resolution of grief.

All Grief Support Groups at Shepherd's Cove Hospice are offered as a community service to those who have suffered a loss and are FREE to anyone in our service area, even those who have not had a family member under our care.

Some topics addressed in the group setting include: Feelings of Grief, Coping with Change, Remembrance, Identifying Support Systems and How to Cope with Anger and Guilt Related to the Death of a Loved One.



PRE-REGISTRATION IS REQUIRED.

Contact the Bereavement Department of Shepherd's Cove Hospice or Stacey Johnson, LBSW, directly at sjohnson@shepherds Cove.org or by phone at 256-891-7724 or toll free 1-888-334-9336.

GRIEF SUPPORT GROUPS FOR ADULTS

Services for adults. For your convenience the groups may be offered both in the mornings and evenings.

GRIEF SUPPORT FOR KIDS

Services designed for children ages 4-11.

GRIEF SUPPORT FOR TEENS

Services designed for youth ages 12-18.

HOLIDAY SUPPORT GROUP

Designed to help the bereaved cope with the holiday season. Meeting date to be announced.

FAMILY GRIEF SUPPORT SERVICES

Available by appointment only.

INDIVIDUAL GRIEF SUPPORT

Available by appointment only.

BEREAVEMENT EDUCATION & TRAINING

Includes "Grief In The Workplace". Available for church groups, clubs, businesses, and other organizations upon request.

SCHOOL BEREAVEMENT SERVICES

Services provided to school age children in the school setting. Referrals must be made by school personnel.

CAMP HOPE

Services provided to school age children 5-19 in partnership with Chalakee Ranch.

PHONE SUPPORT SERVICES

Call to inquire.

Never, EVER Shake a Baby



Caring for a baby is hard work.

- It means long hours with little sleep.
- A baby needs care night and day
 - Parents sometimes feel tired or short-tempered

Babies cry for many reasons.

- Some babies cry a lot. Their crying can make parents:
- Worried - you may wonder if your baby is sick.
 - Tense - the sound of your baby’s crying can put you on edge.
 - Frustrated - It’s not easy when your baby cries and you do not know why or try to help but nothing works.



Shaking a baby just once can hurt him/her for life.

- It can lead to:
- Brain damage/Mental retardation
 - Seizures
 - Blindness
 - Death

Stay in control of your temper.

- If you start to feel angry:
- Make sure your child is safe and go to another room.
 - Count to 10.
 - Take some deep breaths.
 - Ask for help - have your partner take over or call a friend or relative.
 - Be patient - do not take your baby’s crying personally. He/She is not trying to upset you.



There are safe ways to calm your baby.

- Some babies cry no matter what, keep that in mind, but try:
- Checking the basics - make sure your baby is not wet, hungry, lonely, or too hot/cold.
 - Go outside - take your baby for a walk.
 - Staying close - some babies need a lot of holding, carrying or gentle rocking.

Get help if you need it.

- Sometimes, there may be nothing you can do to stop the crying.
- Call a healthcare provider - He/She can make sure your baby is healthy. Ask about tips on how to help your baby stop crying.
 - Take a parenting class.
 - Join a support group for new parents.



“It is never safe to shake a baby - even when you are just playing.”

WHAT MAKES YOUR FAMILY STRONG?

THE REALITY IS...

Hard Times, Adversity, Misfortune, Hard Knocks, Bad Breaks, Difficulties, Tough Luck... Whatever you call it - your family is sure to face it at one time or another.

THE GOOD NEWS IS...

The risks that you and your children face DO NOT define your family - Protective factors DO! Research shows that when these 5 Protective Factors are well established, family strength & optimal child development emerge.

Parental Resilience
Exercise Flexibility
& Develop your inner strength

Social Connections
Make a friend

Knowledge of Parenting & Child Development
Learn to be your child’s expert

Concrete Support in Times of Need
Ask for help

Social & Emotional Competence of Children
Give your child words to express how they feel

Center for the Study of Social Policy
strengthening families

Strengthening Families is a framework developed by the Center for the Study of Social Policy (CSSP) to prevent child abuse and neglect by building five protective factors.



Charlevoix, Emmet, Northern Antrim Counties

What Makes Your Family Strong? campaign created by: The Great Start Collaborative of Charlevoix, Emmet, & Northern Antrim Counties. www.whatmakesyourfamilystrong.org



Endorsed by The National Alliance of Children's Trust and Prevention Funds Please see our website for additional training opportunities and materials www.ctfalliance.org

NOTES:

Knowledge of Parenting & Child Development **LEARN TO BE YOUR CHILD'S EXPERT**



Being a great parent is part natural
& part learned. Parent education
makes your family
STRONG

CENTER FOR THE STUDY
OF SOCIAL POLICY'S
strengthening families
A PROTECTIVE FACTORS FRAMEWORK

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**Charlevoix, Emmet,
Northern Antrim Counties**

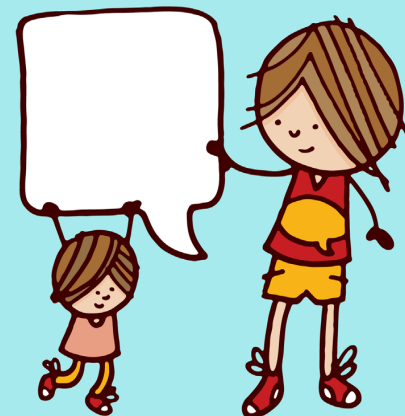
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NOTES:

Social & Emotional Competence of Children **GIVE YOUR CHILD WORDS TO EXPRESS HOW THEY FEEL**



Teaching your child to effectively
communicate & interact builds
positive relationships and
makes your family
STRONG

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NOTES:

Social Connections MAKE A FRIEND



Connecting with friends builds
a support system and
makes your family
STRONG



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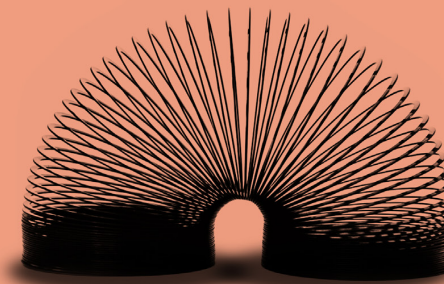
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NOTES:

Parental Resilience EXERCISE FLEXIBILITY & DEVELOP INNER STRENGTH



Flexibility & Inner Strength = Resilience
Resilience
makes your family
STRONG



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NOTES:

Concrete Support in Times of Need

ASK FOR HELP



Meeting your needs through community support & resources makes your family **STRONG**

CENTER FOR THE STUDY OF SOCIAL POLICY'S
strengthening families
A PROTECTIVE FACTORS FRAMEWORK

Strengthening Families is a framework developed by the Center for the Study of Social Policy (CSSP) to prevent child abuse and neglect by building five protective factors.

GREAT START COLLABORATIVE
Charlevoix, Emmet, Northern Antrim Counties

What Makes Your Family Strong? campaign created by: The Great Start Collaborative of Charlevoix, Emmet, & Northern Antrim Counties.
www.whatmakesyourfamilystrong.org

NATIONAL ALLIANCE OF CHILDREN'S TRUST & PREVENTION FUNDS

Endorsed by The National Alliance of Children's Trust and Prevention Funds
Please see our website for additional training opportunities and materials
www.ctfalliance.org

NOTES:



Recommended Books for Grieving Families

- A Parent's Guide to Raising Grieving Children - By Phyllis R. Silverman and Madelyn Kelly
- Grief in Children: A Handbook for Adults - By Atle Dyregrov
- ABCs of Healthy Grieving - By Harold Ivan Smith
- When There Are No Words: Finding Your Way to Cope With Loss and Grief - By Charlie Walton
- Angel Catcher: A Journal of Loss and Remembrance - By Kathy Eldon and Amy Eldon Turteltaub

Recommended Books for Grieving Children

- Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies - By Janis Silverman
- The Brightest Star - By Kathleen Maresh Hemery
- Sunflowers and Rainbows for Tia - By Alesia Alexander Greene
- Gentle Willow: A Story for Children About Dying - By Joyce C. Mills
- Where Are You? A Child's Book About Loss - By Laura Olivieri
- I Miss You: A First Look at Death - By Pat Thomas and Leslie Harker

Recommended Books for Grieving Teens

- When Will I Stop Hurting? Teens, Loss, and Grief - By Kelly Adams
- You Are Not Alone: Teens Talk About Life After the Loss of a Parent - By Lynne Hughes
- Healing Your Grieving Heart for Teens: 100 Practical Ideas - By Alan D. Wolfelt, Ph.D.
- Grief Skills for Life: A Personal Journal for Adolescents About Loss - By Judy Davidson
- When a Friend Dies: A Book for Teens About Grieving and Healing - By Marilyn E. Gootman, Ed.D
- Green Angel - By Alice Hoffman (Fiction)
- Birdland - By Tracy Mack (Fiction)

Ways to Help a Grieving Child

Excerpted from “35 Ways to Help a Grieving Child” a book by The Dougy Center

“One of the most important things we’ve learned from children is that everyone grieves differently. Cultural traditions, religious beliefs, family experiences and personality differences all influence the way we choose to express our grief.”- The Dougy Center. Not all the suggestions in this newsletter will apply to your situation. Take what is useful and helpful for you and your family. When in doubt, ask your child or teenager what helps. They will tell you. For additional information or resources visit www.dougy.org.

- 1. **Listen, listen, listen** – don’t give advice or make judgments, reflect back what the child said using the child’s words. Pay attention to what they’re not saying, as well. Answer the questions they ask. Even the hard ones. One of the most important things you can do for children is to let them know that all questions are okay to ask, and answer their questions truthfully, being sensitive to age appropriate vocabulary. Be Honest. Never lie to a child. They truth is, whether we tell them directly or not children usually learn the facts in one way or another.
- 2. **Give the child choices whenever possible** – after a death, having choices allows children to grieve a death in the way that is right for them. Encourage consistency and routines. Life feels chaotic, unsafe and unpredictable. You can help rebuild a sense of stability for a child by providing consistency and routines.
- 3. **Talk about and remember the person who died** – memories matter, bringing up the name of the person who died is one way to give children permission to share their feelings.
- 4. **Make a child’s world safe for grieving** – children need trusted support people in their lives after a death, work with your child to make a list of persons or places to go to when they need to talk or lean on the shoulder of a friend
- 5. **Expect ALL KINDS of emotions** – allow for any and all emotions in your children, validating emotions will also help the child recognize that it’s acceptable to feel a wide variety of emotions, and express feelings in a safe manner. Forget about the “grief stages”. While you can expect children to eventually return to a normal level of functioning and to enjoy life, don’t expect them to wrap up or graduate from their grief. Understand what grief looks like at different ages. Young children have difficulty understanding the finality of death, they need clear reminders of what it means to be dead; school-age children may ask more detailed questions about the death, it is not uncommon for children to act-out in school settings. They are trying to get attention, give it to them. Teens often turn to their peers for support, they are focused on meaning of life questions, and to address the “why” questions about a death. Support children even when they are in a bad mood. Kids often have no idea why they’re in a funk. It’s important to empathize with a child’s bad mood rather than trying to figure it out or fix it.
- 6. **Be a model of good grief** – children watch adults to get cues about how they are “supposed” to grieve, parents who attend to their own grief processes in positive ways set a good example for their children. Take care of yourself, and do your own grieving.
- 7. **Inform the teacher about the death** – children spend a lot of time at school, a death impacts not only family life but also school life. It’s important to keep the school informed, they can be your biggest support. Ask your child what they want their teachers and fellow students to know. Let them guide you.
- 8. **Resist being overprotective** – it’s natural for parents to be extra protective of their children after a death, try to remember that connecting with peers and engaging in pleasant activities can be powerful mood boosters for your children.
- 9. **Don’t force kids to talk** – not all kids are talkers, often they express their grief in play, writing or artwork, while adults tend to talk out or hold in their grief, a child is more likely to show how they feel through play. This includes athletics or “electives” for teens.
- 10. **Attend to the physical aspects of grief** – grief hurts, sometimes children experience physical aches and pains, just as we accept and validate emotions, it’s important to do the same for a child’s physical concerns. If symptoms persist, see a physician.



ADDITIONAL WEBSITE RESOURCES: WWW.NEWYORKLIFE.COM and WWW.GRIEVINGSTUDENTS.ORG

Developmental Stages and Responses of Children and Teens to Death

Infant to 2 Years Old

POSSIBLE GRIEF REACTIONS	HELPFUL ADULT RESPONSES
• General distress and confusion • Insecurity and withdrawal • Protesting and resisting • Sleeplessness, agitation • Ignorance of death’s reality • Acting out • Regressive behaviors (baby like)	• Consistency and nurturing • Security and assurances • Boundaries for safety • Physical comforting • Listening, not correcting • Offer safe ways to express grief • Nurture

5 to 8 Years Old

POSSIBLE GRIEF REACTIONS	HELPFUL ADULT RESPONSES
• Curiosity about the death • Regressive behavior (bed wetting) • Recognize finality of death • Confused thinking • Interest in death rituals • Act as if no death occurred • Increased physical activity • Verbal expressions of emotions	• Truth about cause, circumstance • Acceptance and assurance • Reassurance of your love • Assurance, explanations, plans • Give choices to participate • Child grieves through play • Maintain safe boundaries • Listen and acknowledge

13 Years to Adult

POSSIBLE GRIEF REACTIONS	HELPFUL ADULT RESPONSES
• Conformity to peers • Non communicative • Conflict with adults • Questioning life’s meaning • Insecurity about future • Questioning belief system • Criticize or idealize deceased • Academic difficulty, regressive behavior	• Build self– esteem • Share grief, respect privacy • Listen, avoid power struggles • Attentive, support searching • Short-term goals • Listen without argument • Acknowledge • Redefine expectations, assurance and acceptance

From The Dougy Center, The National Center for Grieving Children and Families, help@dougy.org, 1-866-775-5683

Smoking Cessation

Stop Smoking!

Tobacco use is the leading preventable cause of disease, disability, and death in the United States. Quitting can help you add years to your life. Excellent information and resources on how to quit smoking can be found at <https://smokefree.gov>.

2 to 5 Years Old

POSSIBLE GRIEF REACTIONS	HELPFUL ADULT RESPONSES
• Confusion • Repeated questions • Agitations and nightmares • Regressive behaviors (thumb sucking) • Insecurity, fear, anxiety • Traumatized by profound event • May seem unaffected; plays • Believe death is reversible	• Simple, repeated explanations • Truth and “I don’t know” • Nurturing assurances, offer ways to deal with anger • Acceptance • Physical comforting • Acknowledge feelings, events • Provide toys, books, play with child • Death equals no body function

8 to 12 Years Old

POSSIBLE GRIEF REACTIONS	HELPFUL ADULT RESPONSES
• Shock, denial, anxiety • Anger and frustration at the deceased • Curious about biology of death • Conformity to peers • Argumentative or combative • Aggression, more active • Regressive behaviors (clinging) • Sleep disturbances	• Listen, accept, reassure • Acknowledge, reflect, accept • Seek information with the child • Build self-esteem • Listen, avoid power struggles • Offer safe ways to express grief • Acceptance and assurance • If prolonged, seek help

The Grieving Child’s Bill of Rights

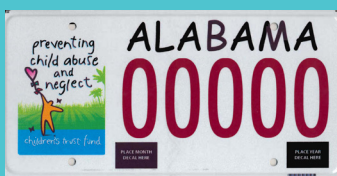
From *Healing A Child’s Grieving Heart: 100 Practical Ideas for Families, Friends, & Caregivers* by Alan Wolfelt, Ph.D., Center for Loss & Transition

- 1. I have the right to my own unique feelings about the death.
- 2. I have the right to talk about my grief whenever I feel like talking.
- 3. I have the right to show my feelings of grief in my own way and time.
- 4. I have the right to need other people to help me with my grief.
- 5. I have the right to get upset about normal, everyday problems.
- 6. I have the right to have unplanned “grief outbursts”.
- 7. I have the right to use my spiritual beliefs to help me with my grief.
- 8. I have the right to try to figure out why the person died.
- 9. I have the right to think and talk about my memories of the person who died.
- 10. I have the right to move toward and feel my grief, and over time, to heal.

“The ones you love are always in your heart.”



For information about Community Camp HOPE, for families of children in grief, call 256-891-7724.



Purchase a preventing child abuse and neglect license plate

When you buy a Children's Trust Fund speciality license plate or a Realtor speciality license plate, approximately 92% of the purchase price goes directly to fund community-based prevention programs in Alabama. These tags are available at every County Probate Office and are tax-deductible.

Information in this packet is from the **Center For Loss & Life Transition**. Visit www.centerforloss.com to find helpful books and tools for coping with grief. Email info@centerforloss.com or call (970) 226-6050.

CONNECT WITH US!



ATTENTION: If you do not speak English, language assistance services are available free of charge. Call 256-891-7724.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 256.891.7724.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 256.891.7724번으로 전화해 주십시오.

When Someone You Love has Died

You may be saying to yourself and others, "How can I get through this? It hurts so bad. No one understands". Well, I have words of encouragement for you. You do not have to cope with the loss of your loved one alone. Shepherd's Cove Hospice (SCH) offers FREE grief support services to both children and adults. SCH desires to companion you on your grief journey by providing a variety of grief support opportunities to you or someone you know who has experienced the death of a significant person.

Knowledge is power and understanding yourself as you grieve will be very helpful for you in the days that lie ahead. Understanding that grief and mourning are not the same is very important. Grief is what you think and feel inside when someone you love dies. Mourning means letting those thoughts and feelings come outside. Some say it's grief gone public.

Because we recognize before you can move forward you must first move into your pain and mourn the loss that has occurred, below is a list of suggestions to assist you in your mourning:

- Plan or participate in a meaningful ceremony for the person who died;
- Write a letter;
- Express your faith;
- Keep a journal;
- Reach out to others for help;
- Understand that grief doesn't proceed in orderly predictable stages;
- Share your story of loss as much or as little as you like;
- Listen to music;
- Pray;
- Set aside special time to mourn daily; and
- Talk out loud to the person that died.



Tips to Care for Yourself when Dealing with Loss

- Drink lots of water.
- Rest. Embrace your fatigue and understand when you are tired your body is telling you it needs rest. Lie down for short rest periods throughout the day. Take an afternoon nap if you feel like it.
- Take the phone off the hook. Unplug the computer.
- Reach out to others for help. Seek out what works for you. Attend a support group. Schedule time with a trusting friend or counselor.
- Exercise. Take a 20 minute walk every day. Exercise allows for more energy and it can give you focused thinking.
- Eat balanced meals.